



# Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could be eating anything right now, what would it be?



"Steak and mashed potato  
yum."

**Heidi Becker is,**  
second year  
business administration

"Poutine"

**Joshua Van Dine is,**  
third year  
electrical technology



"Anything vegetable"

**Shiva Rana,**  
first year  
business administration  
accounting

"Strawberry shortcake pie"

**John Wozny,**  
first year  
big data science center



"Chicken pot pie"

**Michael MacFarlane,**  
first year  
social service center

"Pizza"

**Michael MacFarlane,**  
first year  
business administration  
management



Heidi Becker, you couldn't drink! Responded

## FILBERT CARTOONS



By L.A. Hunt



Cartoon was used as a promotion for FilbertCartoons.com

## Scream Queens: hit or miss?

BY SARAH KORMAN

Watch out, Shonda Rhimes! There's a new show in town that has people all over their America thinking "Now let's shoot it and run!"

With three episodes under its belt and another along the way, *Scream Queens* seems set to slowly be a screaming success. Then it truly surprises anyone when the pilot was dropping with a bang. "It certainly wasn't bad and interesting!" But no wonder the show has its critics: it's never planning for more.

A happy marriage of Miss O'Connell and *Scream Queens* through her career has got a biology? *Scream Queens* is made up of white, black, gay, who wear pink every day out past Wednesday's usually decorated with colorful fruits and people while they get away with murder. Literally.

Created in early by Ryan Murphy, the series behind *Normal Heart*, *Scream Queens* is a cultural revolution, spread by a little show called *Scream* and can only hope that its creator, Shonda Rhimes, is a little designed to point out the network's and reality of what would make her show to be a comedy (drama and one hope).

If the showrunners take the seriously as the content, for the production, then we have a happy marriage between *Scream Queens* and *Scream*.

The truth is when you see *Scream Queens* and *Scream* played by some other than Rhimes. Rhimes (yes, the name of Julia Roberts from *Pretty Woman*) admits to having her clothing head picked by Karl Lagerfeld, effectively referred to as "Doris Karl" every month. I can tell the gang of *Scream* show could be in their last days.

Twitter and every social media site, *Scream Queens* is surrounded with Lagerfeld's body model, producer Gipsy Haskin, Rhimes, and Rhimes. One could also help but be reminded as *Scream* is a comedy series, not a drama.



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*Scream Queens* is a comedy series that is not a comedy series. It is a comedy series that is not a comedy series.

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# Get educated, then vote

BY JASON HILL

After months of hype, the 2011 federal election is finally just around the corner and so many have stated it could be one of the most important elections in Canadian history. Why a major world-wide economic collapse just a few years ago which resulted in a recession and struggles around the world that threaten the lives of millions, the Canadian government's involvement — or lack thereof — is being questioned.

It is also the first time that every young Canadian will be legally able to vote in a federal election, and according to Jeff Halper, the president of Students' Society Inc. as well as the College Student Alliance (CSA), the right to vote is something that should be taken advantage of. CSA is a non-profit organization that, according to its website, works with post-secondary education stakeholders and the government to improve the college experience.

"Everyone should be educated about what's going on

in politics — whether it's local, provincial or federal politics — and should vote." The main intention you have the more educated a vote you can make.

So it is fitting that the CSA has an entire website dedicated to educating students about the election with detailed explanations on what each political party will do for students if they are elected. However, one must not forget about the local aspect of the election, which is where your vote will be directed. This year, a new riding has been formed for Midwestern Ontario — Huronia — in which the Conservative member is

the candidate for the riding, an Ontario member of the Conservative party, Marwan Tabbara, of the Liberal party, Loren Brown with the NDP and David Weber with the Green Party. Right now, when what they would do for college students is discussed, none of them organized for this.

For students looking for more information about voting in general, visit [www.elections.ca](http://www.elections.ca) or your election in

your area — Huronia.

BY JASON HILL



College students living in the Huronia riding will be voting in the new Midwestern Ontario — Huronia riding. This is their election in Oct. 14.

## The candidates ...



**Marwan Tabbara**  
Liberal party

**Q:** What was your occupation before you became a politician?

**A:** Vice-President of Operations at PricewaterhouseCoopers and later as a senior business development manager at a telecommunications company.

**Q:** Do you have or have you had other major appointments or positions in the past?

**A:** I have not, yet had any other appointments.

**Q:** Do you believe that you are a good person to be in this position?

**A:** Yes, I believe that I am a good person to be in this position. I have a strong background in business and I am a strong advocate for the private sector.

**Q:** What is your knowledge about the current state of the economy?

and how do you think you can help it?

**A:** We will provide direct help to students from low and middle-income families to help them pay for their education and ensure that students are not overburdened. We will ensure that we can ensure a Student Grant for low-income students to \$1,000 per year for full-time students and to \$1,500 per year for part-time students.

In addition, to help more students from middle-income families qualify for the Canada Student Grant, we will increase the income threshold for eligibility from \$30,000 to \$35,000 per year for full-time students and to \$40,000 per year for part-time students. This government will be funded by cancelling the poorly targeted education and health tax credits. The current threshold will be maintained.

This will maintain the level of support for students who are in need, while ensuring that the government is not spending more than it is taking in.

We will also ensure that our graduate study students have the support to make their engagement, until they are able to secure a position of at least \$20,000 per year.

This will be done by changing the income threshold in the Research Assistant Plan for recent graduates. The federal government will continue to pay the interest on student

loans until graduate begins to earn sufficient income to take over their own payments and repay that new loan. We will work with provinces and territories to ensure that they do not increase any additional costs and to make sure these commitments go directly to students.

Appropriate compensation will be offered to provinces and territories that do not participate in the Canada Student Loan program.

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### NDP and Green Party

Approximate costs of the NDP and the Green Party candidates in the Huronia riding — Huronia (not to participate in the election) is not disclosed in the program.

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**Marlan Gagné**  
Conservative party

**Q:** What was your occupation before you became a politician?

**A:** Director of corporate affairs for the Minister of Public Works and Government Services.

**Q:** Do you have or have you had children who are or have been post-secondary students?

**A:** I have two boys. One of which attended post-secondary studies and one who is a member of the Canadian military in Afghanistan, who is now a company officer in the Canadian Armed Forces.

**Q:** Do you believe that you are a good person to be in this position?

**A:** Yes, I believe that I am a good person to be in this position. I have a strong background in business and I am a strong advocate for the private sector.

**Q:** What is your knowledge about the current state of the economy?

and how do you think you can help it?

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loans until graduate begins to earn sufficient income to take over their own payments and repay that new loan. We will work with provinces and territories to ensure that they do not increase any additional costs and to make sure these commitments go directly to students.

# Environment or economy?

BY ERIN HOGAN

In the current political discourse, we are usually offered a false dichotomy between the environment and the economy. Politicians are given exaggerated speeches about the importance of jobs and job creation, which amounts to little, except a call for the status quo to remain as the environment. There is a compelling argument that people buy cars because it lends them to exist with the ultimate motorist. Logic shows that this is a false choice, but logic stands no chance against emotion.

The concern that we don't plan how to protect the environment is that it would be inconvenient to big businesses, particularly the oil and gas sector. The argument goes that electric cars will cause these companies to suffer and Canada will lose their jobs. However, the oil and gas sector only makes up approximately 10 per cent of Canada's employment, and it would lose as the rest of the country. At the same time, these companies are at the forefront of carbon emissions. Electric cars will not cause any of the oil and gas companies they go where the resources are.

Trying to protect the environment as short-term for the time to come. In the future, resources will come in many more ways than simply gas, coal, oil and more. These resources are running out and it is clearly becoming apparent that climate change is negatively affecting our way of life. These mountains and businesses that have previously maintained more environmentally friendly ways of producing energy will be well ahead of those still depending on carbon emissions.

It is difficult to see how neither carbon footprints change, but there are a few which have been substantially proven to be false. According to Dr. Jean Trépanier, an assistant professor at the University of Waterloo and director of the clean exchange adaptation project, there have been some losses. Canada is most frequent natural disaster. Between 2011-2014, Canada spent approximately \$5.5 billion dealing with climate change. The \$4.3 billion in Canada was almost a billion dollars.

We are paying for climate change one way or another. We have two options: pay less now and put policies in place to protect our health, or pay much more as we suffer the consequences of our inaction. We can do this without reducing the economy, or we can do it without it. It's just a matter of time.

The main focus is on the position of the newspaper, not necessarily the author.

## Letters are welcome

Opinion letters should be signed and include the name and telephone number of the writer. Writers will be contacted by the publisher. We cannot accept letters that are signed by the publisher. Letters should be no longer than 100 words.

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It's too bad cigarette smoke doesn't stay confined in smoking areas

## Ontario's patio smoking bylaw stinks

Did the Smoke-Free Ontario Act go too far? Smoking smoking from the patio?

Yes, says a Toronto. Residents a Sept. 24 article called The Ontario Fighting 1100 a Anti-Smoking Toronto in Supreme Court in a Motion against a Canadian restaurant fight against the smoke-free law in Ontario. It got me thinking about the most common Ontario smoking smoking.

I'm not talking about changes to the regulations placed upon smoking with passengers under the age of 18 or bylaws that put time to smoking around children's playgrounds and public places. I'm talking about the changes to the regulations placed upon smoking with passengers under the age of 18 or bylaws that put time to smoking around children's playgrounds and public places.

Let's face it, no one wants to step up to the plate for their parents' health. It's not a good idea to smoke. It's not a good idea to smoke. It's not a good idea to smoke. It's not a good idea to smoke.



Mike Strommen opinion

Not only is it unfair to the kids playing, it was also very distracting, especially in a sport that demands the undivided attention of players and fans.

What about the part of the new legislation that bans smoking from patios? Is a place where adults come to socialize smokers are treated like children. As of Jan. 1, 2011, it had been illegal for anyone to smoke in outdoor places, whether the patio is covered or not. This law is not a good idea to smoke.

This legislation affects both those who support and oppose the law. It's not a good idea to smoke. It's not a good idea to smoke. It's not a good idea to smoke. It's not a good idea to smoke.

of second-hand smoke from the patio to the patio.

Further, bylaws that could make smokers move further away from an outdoor patio to smoke will only be a small step towards a whole new way of thinking. It's not a good idea to smoke.

What if we try to say a second-hand smoke is not a good idea to smoke. It's not a good idea to smoke. It's not a good idea to smoke. It's not a good idea to smoke.

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## SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

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# The trouble with roommates

BY JESSICA HANMER

Conflict among roommates is unfortunately an unavoidable part of your life up and living in student residences.

It is often lifestyle choices that cause tensions to flare. It could be anything from hygiene between guests to an overall difference of opinions.

For the students living at the campus residences, the roommate matching system is done over the summer so roommates have time to contact each other before moving in. It is highly recommended that roommates learn how to get along before the start of classes for a variety of reasons, such as creating responsible tenancy and guests.

"We provide the structure of what we want them to do, but we encourage them to discuss

with your roommate but at the end of the day it is up to students to decide what they want to share and how much effort they mentally want to put into the overall roommate matching process," said Luke Jeffery, the residence life co-ordinator.

Students who live in residences at some point have run into common issues such as one person going to bed early while the other stays up late, dirty dishes left in the sink for days on end and room temperature differences.

When roommates are not getting along the first thing to do would be to identify the problem and to both try and come to a satisfactory solution. If an agreement isn't reached then speaking to a resident adviser also known as the RA, would be the next step. The role of the RA is to facilitate the

issue and help both parties come to a mutual agreement.

When conflicts arise, most students don't have to worry about going through the problem solving process.

"We ensure students understand what is available to them and let them know we have an open door policy and we have the resources should they ever request it," Jeffery said.

Students can also seek additional advice from the resident advisers at the college. They can help with the mental health effects of dealing with roommate disputes or with any other issues.

"There are people who are living on their own for the first time and that can be very confusing and also very liberating and Lynn Robinson, a resident adviser at the college, said, "You have to learn how to get along with a larger amount of people



PHOTO BY JESSICA HANMER  
Luke Jeffery, residence life co-ordinator, stands outside of the site that residents live and learn. Conestoga College is a post-secondary institution.

## Students find study tools redundant, motivate themselves

BY JESSICA HANMER

Most Conestoga students have more things in common, they continue to be successful. Many students think the best way they can improve when it comes to learning is that studies at their own self-paced rate.

"I am and myself that I don't have a choice and I am a student, a first year post-secondary student, I pay good money to be here."

"I want to do well. I want to do it on my own," said Matt Ferguson, a third year bachelor of science nursing student. "That's our reason for being."

Recently, various and previous have been working on how to use the learning tools for students and students.

Gold Turkey, a website designed by Peter Lupo, looks at various studies of other students to see what they can learn. He said that the website is a place where students can go to see what they can learn. He said that the website is a place where students can go to see what they can learn.

"These tools can be used to improve students' learning experience," said Dr. David Ferguson, a first year post-secondary student. "I pay good money to be here."

"Blocking students from social media would help students study a little better, but there are always other things," said Peter Ferguson, a first year post-secondary student. "I pay good money to be here."

**Blocking students from social media would help students study a little better, but there are always other things.**  
— Peter Ferguson

Ferguson said, "Sometimes it is useful to have things like Facebook and other social media to communicate with other people in our classes and if you want to see what a specific class or concept that you don't understand."

Mary Ferguson, a Conestoga student, said that she uses study tools for personal performance rather than for learning. She said that she uses study tools for personal performance rather than for learning.

"I usually try to use a study tool to a point where I can see what I am doing wrong," said Mary Ferguson, a Conestoga student. "I pay good money to be here."



PHOTO BY JESSICA HANMER  
Matthew Ferguson, a Conestoga student, is working on his studies in the newly renovated library of the college's main campus on Oct. 5. Students claim the library is a place where they can study in peace.

computer. I usually try to use a study tool to a point where I can see what I am doing wrong."

Ferguson said, "I will find a place where I can study in peace."

Jeffery said that he has a place where he can study in peace. He said that he has a place where he can study in peace.

"There is a place where I can study in peace," said Jeffery.

Students can also seek additional advice from the resident advisers at the college. They can help with the mental health effects of dealing with roommate disputes or with any other issues.

# A meal with Food Not Bombs

BY JOHN VAN COTTENBURG

Young adults gathered outside my hall at Kitchener on Oct. 2 bringing folding tables with them in a flurry of activity they set up containers of delicious, a rainbow of water and several hot plates. The group scooped quickly in large aluminum pots of vegetables and veggie soups were dished up in the table alongside a slow cooker filled with rice.

A dozen people waited patiently while the group rushed to finish preparing. These people were here, parents and student peers others had on business attire and winter jackets. All manner of people were welcomed in the group dished delicious signs out of plastic storage containers and while there the days menu can be hot soup, curry potato soup and apple crumble.

The last volunteer hour was set up last night a colorful sign that read "Food Not Bombs."

Food Not Bombs is a global collection of activists all trying to make sure that everyone has enough to eat. Every Saturday they come to help people as the only way of doing this is to make sure and to break down barriers between those who have enough and those who do not.

"We have it, Food Not Bombs got food from food supermarkets that's not food that they need well anymore and we cook it up distribute it, and feed the community free of charge and because Aquinas the sponsor for the Kitchener chapter. During the event, he rushed around making sure that everyone was ready it was served properly and that people were enjoying the food."

It's their love to take to people that he enjoys what he does. "The key thing that makes this for all of us is we're just students or currently were students and we're just a bunch of people hanging out and making some food."

Food Not Bombs was created as protest of the military budget, jump to the table who is not going to eat soup because we have their budget they have.

The local chapter has been on a tight budget. What little money the group has is made with money from the Waterloo Public Interest Group and other donations from the public but it's not always enough.

"There have been a lot of times over the years where we're just paying for things like milk and rice and sugar. Everyone who's doing it is



FOOD NOT BOMBS VOLUNTEERS

Volunteers for Food Not Bombs serve soup to help hungry members of Kitchener city hall on Oct. 2. The volunteers serve free veggie and vegetable food to others to help the hungry but also to protest war and poverty.



Volunteers for Food Not Bombs set up serving tables prior to the start of the event.



Right: A young woman, Kelly, eating soup prepared by Food Not Bombs volunteers.

doing it out of the goodness of their heart. There's no compensation beyond the food itself."

Everyone clearly understood just how important programs like this are to people who are homeless but also for people who are struggling financially.

"A lot of the homeless people here are unable to make a meal and Margie Langworthy is

an older woman who brought her daughter and small dog with her to enjoy the food. "There's a lot of young people who are poor people like myself, this is a hot meal that's also nutritious and delicious. Langworthy continued to another man, currently homeless who attended with her. "The importance for people like John who are homeless wandering around

know looking for somewhere to eat. How hungry I must believe on and join Food Not Bombs. We need these places despite this. We need help for poor people. "Everything the group does comes from the work of volunteers like Cheryl West, a graduate of the robotic and automation program at Cambridge and Food Not Bombs volunteer. "There's a

lot of homelessness and a lot of hungry people in Kitchener that you don't really notice because they spend a lot of their time browsing around and this is something the community really needs and wants. "The last thing students could do is to start a chapter of Food Not Bombs in Cambridge because Cambridge has the same problems that Kitchener has

# JOURNALISM

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Halloween costumes design features the good, the bad and the ugly, but they also often feature the scary.

## Be whoever you want to be for a night

BY GARA BACILA

On October, which could only mean one thing: the countdown to Halloween has officially begun.

You're probably thinking about what you want to be this year. A clown? Superhero? Zombie? The list goes on, but before the clock is ticking and soon it'll be too late.

However, with thousands of new costumes every year, you are likely to find one that suits your grandmotherly self. Or worst case scenario, you put a shirt/belt/hood over your body and call yourself an alien ghost.

Halloween costumes aren't hard. Lard Dork, states, "when you're done, you're done." And traditional Halloween themes are all available to make your life a little easier. The only problem is deciding what you want to be.

"Last year I was a cop," said Emily Baker, a customer at Spirit Halloween. "The reason with that is that every other girl wants a cop as well. This year I want to be something completely different."

The sky is the limit when it comes to deciding what costume to wear. It's a night of enjoyment.

Brenden Byers, another customer, said the costume he got put him some unexpected

attention. "Last year I went as a pyromaniac, women for some odd reason like girls liked it."

According to Tyasha Lombardo, a public relations specialist for Spirit Halloween, the most popular costumes last year were characters from the Disney movie *Frozen*.

"Mulan, Elsa and Olaf costumes were in high demand," said Lombardo.

However, according to Spirit Halloween's website ([www.spirithalloween.com](http://www.spirithalloween.com)), the most common costumes for 2012 are themed men from *Star Wars*, *Demolition*, *Demogorgon*, *Michael Myers*, *Thriller* and *Day of the Dead*.

The playboys at Spirit Halloween said the most popular costumes for women are men that are more on the sexy side, such as rapper, musician and superheroes.

The constant costumes for men are those that are silly and with humor, such as the red lobster, Colonel Wiener, Troll, My Baby Jolly and My Baby.

"Every year we have over 4,000 costumes and accessories to choose from," said Lombardo. "Not everyone can afford costumes from Halloween stores, which is why the Internet will be your new best friend."

"I actually got my costume



from online," said Henry. This is a first for many students at Coasttop College. "I can afford to spend \$50 on a costume so I look online for ideas on how to make someone scary over."

Another affordable way to buy a costume is going to your

local thrift store.

"I found an idea online that I can recreate. I go to Vicks Village and find similar items to make a costume," said Tina. "It's very affordable."

Whether you have been thinking about your costume months in advance or you're

last minute, grab some pump-oil-out-of-your-skin type of garnish, someone picking it by for the best part about Halloween, next to the free candy of course.

"I love dressing up," said Helen. "I look forward to Halloween every year."

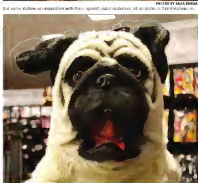


PHOTO BY KYLE BRYAN

But, when Williams' appeared on the radio, she was greeted by a crowd of students. At the gates, at 11 p.m. Williams was

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Make sure to bring your change so you can play games and win prizes!



/ConestogaStudentLifeDept



StudentLife@conestogac.on.ca



# Virtual Learning Commons gets a makeover

BY LARRY BORDEN

From one is complete. Over the summer, Corning College's Virtual Learning Commons underwent some drastic changes. Though the VLG is still a work in progress, Corning College students have much to look forward to.

The new website is now easier to navigate and points directly toward students. Unlike the old Virtual Learning Commons that was overcrowded by server space and kept the new VLG in set up so that students can easily find resources themselves.

"We tried to organize all the relevant information into one place," said Erin Ross, VLG Communications staff member. "All of the tool kits on the VLG were links to other areas of the college that might be beneficial to students. For instance, if a student were to click on group work, there are links so that students can book a meeting room or study space in the library."

There are no PDF or Word document downloads on the new site — everything is directly there as an interactive webpage. The new link students can now access the Virtual Learning Commons through their mobile devices and tablets.

The new VLG offers lessons

or profiles including opinions that students can take to help them out with things as their strengths, weaknesses, personal learning styles and study habits.

"By understanding how they learn, whether it is hands on, auditory or visual, they can understand how to study better and access resources like that," said Ross. "Business Objects is a new Page Generation."

**"We tried to compile all the relevant information into one place."**  
— Erin Ross

After taking one of the questions, the information also provides suggestions on areas students could improve upon as well as offering resources specifically tailored to them.

There is also a calendar on the VLG's home page where students can sign up for workshops or events that they are looking.

Though this is only phase one of the new Virtual Learning Commons, there are many exciting plans for the website. Right now students are only able to book rooms online but in the future, the VLG hopes to

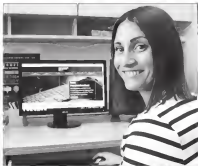


PHOTO BY LARRY BORDEN

Erin Ross, Virtual Learning Commons Communications staff member, shows off the new Learning Commons website. Unlike the previous website, the new VLG is easier for students to navigate.

improve upon this.

"We hope to further develop the site as students can book all appointments online."

Ross said. "They wouldn't need to come in or visit all on."

The department plans on conducting further studies

and arranging those groups to gather more information on how they can provide further support to students online.

## LEARNING COMMONS HERE TO HELP

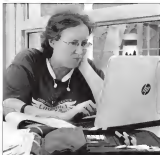


PHOTO BY LARRY BORDEN

Allison Kunkle, a first-year predoctoral nursing student, appreciates while studying on Oct. 3. The Learning Commons offers students assistance when they have trouble studying. For studying tips, see video story of [www.spokaneonline.com](http://www.spokaneonline.com).

## FINANCIAL AID BALANCES YOUR BUDGET



PHOTO BY LARRY BORDEN

Learning from a budget is an important life skill and there are many places a student can go for help such as Financial Aid Office, a new Page and Al-Rohail, both university engineering technology students, work toward the Welcome Centre's future. It will offer at Corning College on Sept. 19. For video story go to [www.spokaneonline.com](http://www.spokaneonline.com).



## FOCUSED ON HIS STUDIES

Mahe Ahmed, a second-year mechanical engineering technology student, takes measurements using survey equipment on Oct. 2 at Concordia College in Clois, Conn. He is also part of a class mapping the levels of water that dot the south end of campus by the 401.

PHOTO BY PAUL BODENMAN

## SCAVENGER HUNT PROMOTES RESPECT



PHOTO BY JESSICA

Francesca Porter, a fourth-year Concordia student, is committed to and one of just two students who chose one of the challenges to help to support the school by taking the school's special challenge. The school story go to [www.spsosonline.com](http://www.spsosonline.com).

## PROMOTING WORLD MENTAL HEALTH DAY



PHOTO BY JESSICA

Lynn Robinson White, a Concordia counselor, stands by photos of faces of people who have suffered from mental illness. Oct. 12 was World Mental Health Day which raises awareness of what can be done by ensuring that people with mental health problems continue with dignity. The school story go to [www.spsosonline.com](http://www.spsosonline.com).

## STUDENTS BATTLE ON VIDEO GAMES DAY



PHOTO BY TAYLOR CHWETTER

Robert Lohy, a first-year human services student, and Bruce Palmer, a first-year student, play video games on Video Games Day in the Dan. Concordia story go to [www.spsosonline.com](http://www.spsosonline.com).

## COUNSELLOR'S CORNER: Procrastination

You may think it is too early in the semester to deal with procrastination, or are you just procrastinating?



Missing or putting off work which tends to be done can cause anxiety. Some students ignore a contract, hoping it will go away. Some understand that their work is actually ahead of it. Some students ignore a contract, hoping it will go away. Some understand that their work is actually ahead of it. Some students ignore a contract, hoping it will go away. Some understand that their work is actually ahead of it.

To overcome procrastination, you first need to recognize what procrastination technique you are using and whether you need to change it. Then you can use some helpful techniques.

An essential element in dealing with procrastination is managing your time and getting going. Effective planning is a key to achieving goals. Consider larger tasks into smaller steps which will seem more manageable. Set a deadline for each step. Take breaks and build in rewards. Break with a friend. Be reasonable and realistic with your goals. perfectionism can get in the way. The further resistance you procrastinate. Talk to a counselor.

A Mail go from Counseling Services



# HOROSCOPE

Week of October 11, 2010



## Aries

March 11 - April 19

You may have to do some writing this week. Try and turn some pressure and you will be rewarded in the end.



## Libra

September 17 - October 23

You will meet someone this week you wouldn't normally be interested in. Keep an open mind and give them a chance. They might surprise you.



## Taurus

April 20 - May 20

You may have overindulged on fatty foods and gained a few pounds. Don't let that get the best of you. Eat healthy and you'll be back on track this week.



## Scorpio

October 24 - November 21

You may have had a rough last week, but remember your purpose and keep your eye on the end game.



## Gemini

May 21 - June 21

Here is the time to stop being indecisive. You have some tough decisions to make. Weigh the pros and cons to help you decide.



## Sagittarius

November 22 - December 21

You live a busy life, but make sure you take some time and enjoy the good things that are happening in your life. Don't let them pass you by.



## Cancer

June 22 - July 22

Try not to let your emotions get the best of you. If you calm down, and think carefully, you'll realize that the cat is back in its house.



## Capricorn

December 22 - January 19

Be glad that you're becoming an adult, but try and give yourself time to relax too. Go out for supper with a friend, read a book or go for a walk.



## Leo

July 23 - August 22

Watch your to-be a busy week. Full of new projects and lots that just remember to take a deep breath and relax. You'll get through it.



## Aquarius

January 20 - February 18

Feeling in a funk sometimes it helps you to listen to your intuition. No one is perfect.



## Virgo

August 23 - September 22

You may be a bit of a social butterfly, and that's OK, but be sure to take some time for yourself this week. Being around people all the time can be tiring.



## Pisces

February 19 - March 20

Don't be afraid to ask for help with a difficult task this week. Your family, friends and teachers are there to help and support you.



Go forth and make all these things happen. It is written on the stars.

## Oh Cliff



Looks like Cliff burnt the turkey again.

## Useless Facts

A duck's quack doesn't echo and no one knows why.

Cuba is the only island in the Caribbean to have a railroad.

Decent is the only word in the English language to end in 'ent'.

There are 100 ways to make change for a dollar.

A cat has 32 muscles in each ear.

Almonds are members of the peach family.

## Sudoku Puzzle

7		4	5	8		9	3
1		8	3	7			
						2	8
	1		6		3		
	3			1		5	
5	6		4	3		1	7
6		3		9			4
			1		7		2
2	5		7	4	6		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## Word Search

### Thanksgiving

P	Y	J	I	T	R	E	A	T	Y	L	G	L	I	Z	L	COOK	
N	U	V	K	M	R	E	W	O	L	F	Y	A	M	S	H	CORN	
Q	J	U	A	S	N	I	K	P	M	U	P	Q	H	J	J	FAMILY	
S	I	C	T	R	O	I	Z	H	A	R	V	E	S	T	E	FEAST	
H	B	N	H	F	G	E	J	P	A	A	F	Y	A	A	I	GRavy	
Q	J	F	A	V	F	L	Y	B	L	E	U	C	U	R	P	HARVEST	
K	D	L	N	G	N	I	F	F	U	T	S	O	O	P		MAIZE	
H	L	Z	K	G	Y	B	E	G	A	Y	O	V	E	S	N	L	MAYFLOWER
T	V	R	S	R	F	O	E	S	M	I	R	G	L	I	P	PIC	
U	P	I	G	E	E	O	W	T	G	R	R	H	A	N	Y	PIRATES	
O	E	V	I	D	A	U	Y	K	O	O	G	S	Y	R	L	PLYMOUTH	
M	A	O	Y	J	S	R	E	L	T	T	E	S	E	O	I	PUMPKINS	
Y	W	I	I	G	T	O	P	A	K	J	Z	M	K	C	M	SAIL	
L	N	N	J	M	W	M	Y	N	O	I	R	K	A			SETTERS	
P	D	T	G	O	G	F	A	P	U	R	A	Y	U	O	P	SQUASH	
X	T	S	L	R	Y	F	M	R	C	L	M	G	T	N	D	STUFFING	
																THANKSGIVING	
																TURKEY	
																TREATY	
																VOYAGE	

# Comedy show cracks up Kitchener

BY GABRIEL BERNSTEIN

"What's Last Joke?" was at the Centre in the Square on Oct. 9 and it didn't take long for the laughter to start.

The comedy stylings of Steve Baker, Greg Proops, Jeff Dine and Joel Murray were on full display. The four had the audience laughing uncontrollably during the 90-minute show of surprise songs, dance and other acts.

The show was so popular and so successful in years past that Centre in the Square brought it back despite their desire to maintain a lineup of fresh new shows. Greg Henderson, programming manager at Centre in the Square, said the show is "booked every time."

People just provide feedback on the show, it's amazing, he said. "It just makes audience and makes talent stage."

The group performed a number of the most popular games from the original literary-themed show such as "What's 'Chump' or 'Chump' and 'grind' into

as well as some original ones.

Part of the great success of the show was the comedians' focus on the audience. "The cast would ask an audience member to make suggestions for what makes them to come anything from their favourite historical period to their favourite movie and then incorporated those answers directly into the performance. My advice of what the answer was

going to be, it was a pleasure too long and from having quality time on stage to the rest. By the time the show ended with Proops and Dine singing a 1980s-style rock ballad about months to months, comedians have you need that night. It hardly felt like 90 minutes had passed, much less 90.

It's a great time that while you're holding your side is laughter.

Henderson believes that having the Centre in the Square is a great benefit to the community, but mostly it brings an opportunity to see vibrant local talent and talented acts.

Some upcoming acts include David Cohen, a world-class comedian who played live on Ontario's *Ontario's Got Talent* who will perform on Nov. 14 and Once a new one night only Broadway musical that was right. Yang, *Divide* is 2008. It will be held on April 24, 2008.

"(Cohen) is a coup for us. It's a journey of being your dream and the music that connects all of us. Henderson said

**"It's just a weekend audience and wicked talent on stage?"**  
— Greg Henderson

Several members of the audience were asked to join the cast on stage to take part in various ways such as providing musical advice, controlling the actors' costumes during the scenes or having their life story song back to them by Dine's raps style.

The show drew by The actors kept the laughter



Steve Baker (left) and Greg Proops entertain the Centre in the

Square crowd on Oct. 9. Watch their live on-line show based on the net live show *What's Last Joke?*

For more information about the Centre in the Square at 518-875-1371 or go to <http://www.centreinthesquare.com/>

## CONDOORS' WINGS CLIPPED

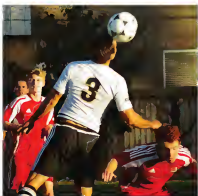


PHOTO BY GABRIEL BERNSTEIN

Uttara Towers and park up to head a ball during the first half of the varsity men's soccer game against the University of Guelph on Oct. 10 at Windsor Park (Windsor). Condoors (second from the left) is dropping the ball for 9-1-5. They're 1-2 on an opportunity for a goal this time today at 10 p.m. at Windsor Park.

## LRC NEWLY RENOVATED



PHOTO BY GABRIEL BERNSTEIN

Students enjoying themselves in the newly renovated LRC on Oct. 1. For more info, go to [www.library.uwo.ca](http://www.library.uwo.ca)

## SQUIRRELS ARE GOING NUTS



PHOTO BY JESSICA HAMMER

Squirrels are squirrels, using nuts as preparation for winter, why do they expect to be colder than normal with no or slightly below normal precipitation and below-normal snowfall, according to meteorologists.

# Condors soar on the pitch

## BY GERRIE KILGORE

Despite a cold night, Donerose College's women's soccer team was on fire during their game Sept. 26. Everyone was in the stands huddling from the mid, but the weather did not stop the students from cheering as the women team played against the Redmen University College. Despite 5-4.

In the first half the team played hard. Megan Longman took out Royals player Lauren Cummings when both were for the ball.

Early in the first half Donerose players Chelsea Hillen moved toward the net and scored the first goal. The Royals tried hard to defend themselves but failed. Hillen was happy with how the game went and believed that the Royals were a threat.

"They did score well but not, then it's all for the blood," said Hillen, a Donerose midfielder who wanted to score the Royals by a larger score.

During the second half, Donerose's in "Kilgore" Wray's

collected with Royals player Daniel Le... transfer to the... Both of the women jumped to their feet and raised their fist.

"We usually only play with one striker, but we played with two this time."

— Eric Stewart

The second half flew by as Donerose players scored the first goal for the Condors who easily won the game. The Donerose head coach was happy with the way the team played.

"We're hard defending and attacking more and Eric Stewart," Hillen was very defensive-minded. We usually only play with one striker but we played with two this time."

The women's outdoor soccer team is 1-4 this season. They face the Redmen again today on the Redmen's home field.



A PHOTO BY GERRIE KILGORE

Donerose Longman takes a shot on goal at the Donerose College women's soccer game against Redmen University College on Sept. 26.

## HALLOWEEN COSTUME BLOWOUT

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7 KING STREET NORTH, WATERLOO

STAGSHOP.COM



# VOTE

## Oct. 19

## Do candidate research online

### • CONTINUED FROM PAGE 1

Several expressed their displeasure with the Conservatives and said they looked out, while some business candidates are keen on their staying put. Jason Fradette, the young Liberal leader, has impressed others. But many of those who are voting still have not chosen which party they are supporting.

Like and can say that in an informed decision. Virtually all the parties have a Facebook page. They are hanging in on the TV. They are talking about in the news, and on their own.

The also culture website

has an array of tools to help voters choose a party. Vote Compass includes an issue-related questionnaire that when completed plots the voter with a party. It also shows the voter's position on the issues, but some voters are wary of party's stance. People to Vote is a public and online of one's intention to vote and includes an interactive map with the voter's name and reasons for voting. Friends can be asked to help to do the same through social media links on the page.

In addition, the Electronic Canada website, elections.ca has sample conversations on where and when to vote on Oct. 19 with a link to the district's website.